

Cedarsprings Badminton

September
2010

Adult High Performance Clinic

Date: Tuesdays, 7:30-10:30 pm starting Sept. 21st, 2010,

Duration: 6 weeks

Space Limited to 16 participants: A,B,C ranked competitive Players so register ASAP!

Cost: \$96(members), \$126(non-members)

Players will be trained on:

- Proper Footwork/Fitness
- Stroke Production
- Game Strategies
- 3 Hour Breakdown:
 - 120 Minutes Training/Instruction
 - 60 Minutes Games

*This clinic will be led by Ernest Nketiah, as a Badminton Professional offering lessons to juniors and adults at all levels. Ernest's Badminton experience includes:

- Fully certified NCCP National Level 2 Badminton Coach
- Past Coach of George Brown Varsity Team,
- Has produced Top Players, ie. Timothy Chu, Dayvon Reid
- Over 10 Years Coaching experience
- Current championship titles include: US Masters Mens singles, doubles and mixed 35's, Canadian Masters Championships Singles doubles and other open and Masters titles

